

10 Super Foods for Diabetics



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CarbaHolics Anonymous

Help Fighting Obesity & Diabetes

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For awareness about Diabetes & Obesity & how to live healthy & happy life.

1. Non-fat Milk and Yoghurt

Everyone is aware of the fact that milk is an essential food that contains elements like calcium, Vitamin D and others that help to maintain bone health and skin health. But for a diabetic, all kinds of milk are not good. The best option is to consume low-fat milk and other low-fat dairy products like yoghurt and kefir.

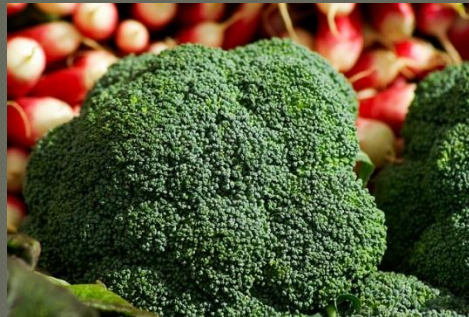
They are rich in Vitamin D and also calcium contents. So the consumption of appropriate amount of low-fat milk and milk products that are devoid of cream and fats supplies the daily dose of calcium and Vitamin D to stay strong. Researchers have revealed that intake of low-fat dairy products reduces the chances of Type 2 diabetes mostly in men.



2. Non- Starchy Vegetables

By non-starchy vegetables we mean those vegetables that have very little sugar contents and do not increase the blood sugar levels. The vegetables included under this category are broccoli, beets, asparagus, artichokes and the like.

- They satisfy your appetite easily and keeps you full for longer hours and this is very important for a diabetic because most often they have an urge to eat and feel hungry even if they have had their full.
- These vegetables contain a lot of vitamins, fiber, minerals as well as phytochemicals that are necessary to maintain health as well as reduce risks of diabetes.
- They are low in calories and carbohydrates and so people with diabetes can enjoy them without any hesitation. Moreover they are delicious too and add taste to your meals.



3. Kale and Other Greens

Kale is fortified with Vitamins A, C and K and chemicals known as glucosinolates that enhances the production of enzymes by the liver to neutralize substances that cause cancer. Kale provides adequate amount of vitamins that an individual should take regularly.

When there are sufficient amounts of Vitamin K in the body, blood clotting is no longer an issue.

Collard greens and Swiss Chard too falls under the group of non-starchy vegetables and all of these help to maintain blood sugar levels within normal range.



4. Tomatoes

Tomatoes are not only juicy and delicious but is one of the super foods that diabetes patients can enjoy without a hitch. Tomatoes contain lycopene that is highly effective in reducing risks of cancer.

Diabetes is one of the greatest causes of cardiac arrests, muscular problems and nerve problems. Tomatoes are non-starchy foods that have low GI ranking and protects a diabetic from all the ailments related to diabetes.

Tomatoes can be consumed raw in salads and also used in preparing tasty dishes Researches confirm that tomatoes help to control cardio-vascular risks especially in cases of Type 2 diabetes.



5. Oranges & Other Citrus Fruits

Oranges and grape fruits are enriched with Vitamin C and fibers. However it is best when eaten as a whole fruit and not as juice.

Doctors advise diabetics to enjoy fruits in the actual state and they reduce sugar levels but juices of the same fruits increase the risks all the more especially in women.



6. Blueberries & other varieties of berries

Blueberries are amazing fruits that have anti-oxidants, fiber and Vitamin C and so it is considered one of the super foods for diabetes patients. Low in calories and rich in taste, blueberries and also blackberries, strawberries and raspberries are unique fruits that are tasty, healthy and nutritious especially for diabetics.

You can have them in your desserts to finish your meals in a healthy way. Berries are the perfect substitutes for those who have a craving for candies and other sweets.

Cereals, salads and desserts taste awesome when these berries are included in them. They are ideal fruits for diabetes control.



7. Wild Salmon and Other Fish with Omega-3 Fatty Acids

Omega3 fatty acids are extremely important for cardiac care. Wild Salmon is loaded with these fatty acids as well as Vitamin D and selenium which are essential for healthy skin, nails, hair and bones.

Diabetes weakens bones and nails become brittle too. Skin problems like dark patches and early aging also result from Diabetes. Salmon and other nutrient-dense fish like mackerel, herring and sardines are other options of omega3 fatty acids.

It is best to consult a doctor about the type of fish that suits you the best.



8. Beans

Since beans are rich in fiber and protein and other essential elements like potassium, magnesium and other minerals, beans fall under the super foods category.

They are excellent for those suffering from Type 2 diabetes as the glycemic level is kept under control and protects the heart also.



9. Walnuts, Flax Seeds, and Other Nuts

If you are looking for fiber-rich nuts and cereals, your best options are walnuts, flax-seeds, cashew nuts and others as they are fortified with nature's goodness and packed with essential nutrients like fiber, alpha-linolenic acid, Vitamin E, zinc, protein, folic acid and omega3 fatty acids.

These are super foods for diabetes and must be included in the diet for maintenance and reducing risks of blood sugar and promoting good health.



10. Whole Grains, Lentils and Barley

Whole grain cereals are excellent for breakfast as they are full of fiber as well as iron, flavonoids, plant chemicals and anti-oxidants which help to control diabetes while keeping you full for long hours and curbing the urge to eat more.

Lentils provide complex carbohydrates, proteins, iron and vitamin B that decrease the risks of Type 2 diabetes.

Maintaining the prescribed diet chart a diabetic can easily feel fresh and rejuvenated if he/she is happy within himself. So enjoy all that you eat and do. Then diabetes will be no problem at all.



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